

Personality Development Training

We are already person why we require personality development training. Refinery of person called as personality development.

Contents:-

- Remove fear on yourself and remove negative thought
- Do some activate to build self confidence and removal of negative thought?
- Setting an Goal as per your Choice
- Gently Plan no of days to Achieve an Goal
- Check your English communication skills.
- Start with using of basic words during English communication at initial stages.
- Check your Interest on understanding of subjects and pick interest subject.
- Delivery exact information during interview
- Assessment of failure after finishing interview.
- Enhance your confidence level at every stage of failure.

English communication contents:-

How to improve communication skills in English during our interview or our Day to day activates.

Basic methods or steps:-

- Do frequent practice
- Watching of Basic English discussions in Google
- Read interested topics in English, read stories of 3rd standard books to 6th standard books.
- Read interest topics either in news paper or Google it which topic u is interested.

How to practice:- Minimum 21 days or 40 days practice is required(reserve your time morning time)

First method:-

Effective method I followed during my practice session is, select the topic which topic u want to practice and sit in calm room and open your mobile and record your topic. Suppose you started practice session today u feel very uncomfortable, don't worry.

- Practice topic duration minimum 30 min
- Repeat yesterday topic next day till you feel u impressed about your recorded session.
- Once recording is done, u listen and find out the issues where the things went wrong.

Once your are comfortable in this method next we go to another method, in this method one drawback is you cannot visualize facial expressions.

Second method:-

Kindly practice this session after u feels more successful in first method because first method is an Basic and very required for communication skills.

Two ways we have we can choose either way

- ❖ Stand up in front of mirror and practice your session or u record video along with audio in your mobile or laptop.
- ❖ This will make you stronger and more comfortable when u wants to speak during interviews.

Every week either Saturday or Sunday watch English films and catch out accent.

Weekly once start discussions with your friends in English

- ❖ Daily understand 3 new words and use those 3 new words during your day to day activities.
- ❖ Maintain excel sheet update your 3 new words and practice sentence formation.
- ❖ Participate stage discussions during your course, prepare one topic come out and express your knowledge (public speaking)(15 days one session)

If the person follow above points without fail success is your hand no doubt in the result. Suppose if u do practice occasionally no use for career. Your goal is I want to be an fluent person in English. (40 days required after finishing course)

Please read life story of swami Vivekananda if anyone is trying for GRE or IELTS exams.

Proverb of swami Vivekananda:-

My dear friend all power is within you, you can do anything and everything believes that, doesn't believe that you are weak. Stand up and express the divinity within you.

-By swami Vivekananda

My understanding of this proverb:-

Be trust on you, be bold on you and be confident on your work so we can get what you want in your life. (Don't feel nerves at any point of time for any hurdles will occur).

By Ramu.jaini

-----Thank you to all By Ramu.jaini -----

Contents dump from one of the web site in Google about personality development:-(I am may not follow this one now, but for students satisfaction I copy pasted in my contents)

Introduction to Personality Development

- a. What is personality?
- b. Why does it matter?
- c. We are all unique.

II. The Developing Personality

- a. How do personalities develop?
- b. Multiple theories in psychology.
- c. Three main influences cited:
 - i. Heredity
 - ii. Environment
 - iii. Situations

III. Stages of Development

- a. Freudian stages of development
- b. Erik Erickson's stages of development

IV. 'Need' a little personality?

- a. How needs impact personality
- b. Maslow's hierarchy of needs

- V. Basic Personality Traits
 - a. Values
 - b. Beliefs
 - c. Interactions
 - d. Experiences
 - e. Environmental influences
 - f. The big five dimensions

- VI. Moral Development
 - a. As related to personality
 - b. Kohlberg's stages

- VII. What's your personality type?
 - a. What are the basic personality types?
 - b. Quiz to determine personality type
 - c. Learning about yourself through type

- IX. Personality and Career Choice
 - a. Matching your career and personality
 - b. Why it matters
 - c. Self efficacy

- X. Changing Your Personality
 - a. Can personalities change?
 - b. Being yourself, being adaptable
 - c. Positive attitude
 - d. Individuality
 - e. Controlling emotions

XII. Do opposites really attract?

- a. Getting like personalities together, as well as opposites
- b. What can happen?
- c. Multiple personalities on the same team

XIII. Personal Growth

- a. Ways you can try to improve
- b. Helpful tools and exercises
- c. Benefits of keeping a journal
- d. Setting goals, focusing on positives

XIV. Working on Personality Changes

- a. Focusing on attitude
- b. Staying motivated
- c. Increasing confidence
- d. Watching body language
- e. Handling other people

XV. Putting it all together

- a. Knowing your own personality strengths and weaknesses
- b. Being able to identify other people's personality traits
- c. Using that in your home, career and relationships

